

10・11・12月メニューアレルギー表



国立妙高青少年自然の家



| 10月 | 5. 11. 17. 23. 29日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
|-----------|--------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|
| 11月 | 4. 10. 16. 22. 28日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12月 | 4. 10. 16. 22. 28日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.2 | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | フルーイ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン | |
| 朝食 | チキンナゲット | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | さつまいも揚げ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コーンスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | さくら漬 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コーヒー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | ● | | |
| 昼食 | わかめうどん | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 栗かぼちゃコロッケ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 大根と牛すじの煮物 | ● | | | | | | | | | | | | | | | ● | | | | ● | | | | | | | | | |
| | 青菜のお浸し | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | みかんゼリー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コーンスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | カーネルコーン | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 枝豆 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | さくら漬 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コーヒー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | ● | | |
| 夕食 | 菜めし | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | あんかけ血うどん | ● | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | 鶏肉の竜田揚げ | ● | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | ぜんまいの炒め煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| コーンスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 海藻ミックス | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| クレープ(チョコ) | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | | |
| わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ごはん | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| さくら漬 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | ● | | |
| 共通 | 青じそドレッシング(小袋) | ● | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | ● | |
| | フレンチ白ドレッシング(小袋) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | | |
| | ケチャップ(小袋) | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | | |
| | 中濃ソース(小袋) | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | | |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用当日に、店頭のアレルギー表示をご確認ください。
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10・11・12月メニューアレルギー表



国立妙高青少年自然の家



| 10月 | 6. 12. 18. 24. 30日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
|----------|--------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|-------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|
| 11月 | 5. 11. 17. 23. 29日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12月 | 5. 11. 17. 23. 29日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.3 | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | フルクイー | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン | |
| 朝食 | ポイルウィナー | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | 炒り卵 | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 卵の花 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーヒー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | |
| 昼食 | 豚汁ラーメン | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | 揚げ餃子 | ● | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | 大根のそぼろあん | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 花野菜のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゼリー (ぶどう&りんご) | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カーネルコーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 枝豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | |
| 夕食 | ハヤシライス | ● | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | バジルパスタ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 甘酢肉団子 | ● | ● | ● | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海藻ミックス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みかんゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーヒー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | |
| 共通 | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | ● | |
| | フレンチ白ドレッシング (小袋) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |

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10・11・12月メニューアレルギー表



国立妙高青少年自然の家



| 10月 | 1. 7. 13. 19. 25. 31日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
|----------|-----------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|---|--|
| 11月 | 6. 12. 18. 24. 30日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
| 12月 | 6. 12. 18. 24. 30日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.4 | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | フルーイ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいち | りんご | ゼラチン | | |
| 朝食 | 蒸し焼売 | ● | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | |
| | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 切干大根 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | |
| 昼食 | たぬきうどん | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | フライドチキン | ● | ● | ● | | | | | | | | ● | | | | | | | | | | ● | ● | | | | | | | | |
| | ジャーマンポテト | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | もやし香味和え | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミニたい焼き | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | カーネルコーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 枝豆 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | |
| 夕食 | カレーライス | ● | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | 醤油やきそば | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 一口とんかつ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | 塩肉じゃが | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 共通 | 海菜ミックス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | プリン | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーヒー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| 共通 | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | ● | ● | |
| | フレンチ白ドレッシング (小袋) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| | ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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10・11・12月メニューアレルギー表



| 10月 | 2, 8, 14, 20, 26日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
|----------|-----------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|--|
| 11月 | 1, 7, 13, 19, 25日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12月 | 1, 7, 13, 19, 25, 31日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.5 | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | フルーイ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン | |
| 朝食 | チキンナゲット | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | さつま揚げ煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | ● | |
| 昼食 | 塩ラーメン | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 栗かぼちゃコロッケ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 大根と牛すじの煮物 | ● | | | | | | | | | | | | | | | ● | | | | ● | | | | | | | | | |
| | 青菜のお浸し | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みかんゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カーネルコーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 枝豆 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | ● | |
| 夕食 | きのご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チャプチェ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 鶏肉の竜田揚げ | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ぜんまいの炒め煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海藻ミックス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | クレープ(チョコ) | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | ● | |
| 共通 | 青じそドレッシング(小袋) | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | ● | ● | |
| | フレンチ白ドレッシング(小袋) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | | |
| | ケチャップ(小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | 中濃ソース(小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |

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10・11・12月メニューアレルギー表



国立妙高青少年自然の家



| 10月 | 3, 9, 15, 21, 27日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
|----------|-------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|--|
| 11月 | 2, 8, 14, 20, 26日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
| 12月 | 2, 8, 14, 20, 26日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
| 分類 | NO.6 | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | フルーイ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン | |
| 朝食 | ポイルウィンナー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 炒り卵 | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 卵の花 | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | |
| 昼食 | わかめうどん | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 揚げ餃子 | ● | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | 大根のそぼろあん | | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | 花野菜のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ゼリー（ぶどう&りんご） | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | カーネルコーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 枝豆 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | ● | | |
| 夕食 | ハヤシライス | ● | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | ミートソース/パスタ | ● | | ● | | | | | | | | | | | | | ● | | | | | ● | ● | ● | | | | | | |
| | イワシ青のりフライ | ● | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | 甘酢肉団子 | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 海藻ミックス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みかんゼリー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーヒー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| コーヒーミルク | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | ● | | |
| 共通 | 青じそドレッシング（小袋） | ● | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | ● | |
| | フレンチ白ドレッシング（小袋） | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | | |
| | ケチャップ（小袋） | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | 中濃ソース（小袋） | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |

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